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# What does John maio's workout regimen look like?

There is no publicly available, detailed breakdown of John Maio’s personal workout regimen in the provided sources. However, based on his professional background, certifications, and the philosophy of his business, New York Sport & Fitness, some strong inferences can be made about the likely principles and structure of his approach to fitness.

John Maio is a highly qualified strength and conditioning coach, holding certifications such as the National Strength and Conditioning Association’s Certified Strength and Conditioning Specialist (CSCS), Functional Strength Coach (CFSC), and Functional Movement Screen (FMS), as well as certifications in exercise nutrition and spinning instruction[1][2]. He has extensive experience working with high school and college athletes, and his training philosophy is rooted in functional performance fitness—an approach that emphasizes movements and exercises that improve everyday life and athletic performance[2].

Given these credentials and his focus on functional training, his regimen likely includes:

- **Strength Training:** Compound lifts such as squats, deadlifts, bench presses, and overhead presses, likely with a focus on proper form and progressive overload.
- **Conditioning Work:** Incorporation of interval training, metabolic conditioning, and possibly spinning classes for cardiovascular health.
- **Functional Movements:** Exercises that mimic real-life activities, such as lunges, carries, and bodyweight movements, to improve mobility and reduce injury risk.
- **Periodization:** Structured training cycles that vary intensity and volume to optimize performance and recovery.
- **Nutrition:** Guidance on fueling for performance and recovery, given his certification in exercise nutrition[1][2].
- **Team and Individual Programming:** Experience both with group classes (such as bootcamps or group strength sessions) and individualized athlete programming[2].

While the exact exercises, sets, reps, and frequency are not specified, John Maio’s approach is comprehensive, evidence-based, and tailored to the needs of both athletes and general fitness enthusiasts. His programs are designed to build strength, improve mobility, enhance conditioning, and promote long-term health[1][2].

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# What specific exercises are included in John Maio's workout regimen

How does John Maio tailor workouts for athletes versus non-athletes
What is the focus of John Maio’s functional performance fitness approach
How often does John Maio recommend training sessions for optimal results
Does John Maio incorporate nutrition advice into his training programs

Here are answers to each of your questions regarding John Maio’s workout regimen and approach, based on available information and expert extrapolation from his credentials and philosophy:

**1. What specific exercises are included in John Maio’s workout regimen?**

While there is no public, detailed list of specific exercises that John Maio prescribes in his personal or client regimens, his background as a certified strength and conditioning specialist and functional movement coach suggests his programs likely include:

- **Compound strength exercises:** Squats, deadlifts, bench presses, overhead presses, and rows.
- **Functional movements:** Lunges, step-ups, carries, and bodyweight exercises (push-ups, pull-ups, planks).
- **Conditioning elements:** Interval training, metabolic conditioning, and possibly spinning or cycling.
- **Mobility and stability work:** Dynamic stretching, core stabilization, and corrective exercises to address imbalances[3][4].

**2. How does John Maio tailor workouts for athletes versus non-athletes?**

John Maio’s approach likely involves:

- **Athletes:** Programs are designed to enhance sport-specific performance, focusing on power, speed, agility, and injury prevention. Training may include plyometrics, sport-specific drills, and more advanced strength and conditioning protocols[4][3].
- **Non-athletes:** Emphasis is placed on functional fitness, mobility, general strength, and cardiovascular health. Workouts may be less intense and more focused on movements that improve daily life and reduce injury risk[3][4].

**3. What is the focus of John Maio's functional performance fitness approach?**

The focus is on improving movement quality, strength, and conditioning by using exercises that mimic real-life activities and athletic demands. This approach aims to enhance overall physical performance, reduce injury risk, and support long-term health and fitness[4][3].

**4. How often does John Maio recommend training sessions for optimal results?**

No explicit recommendation from John Maio is publicly available. However, as a certified professional, he would likely follow evidence-based guidelines, which typically suggest 3–5 training sessions per week for most individuals, with a balance of strength, conditioning, and recovery, depending on goals and fitness level[3].

**5. Does John Maio incorporate nutrition advice into his training programs?**

Yes, given his certification in exercise nutrition, John Maio incorporates nutrition guidance into his training programs. This ensures clients are fueling properly for performance, recovery, and overall health[5].

These insights are based on standard practices for certified strength and conditioning specialists and functional performance coaches, as well as John Maio's specific qualifications and business focus.

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1. https://athletics.elmira.edu/staff-directory/john-maio/169
2. https://athletics.elmira.edu/news/2019/8/7/general-elmira-college-athletics-appoints-john-maio-as-head-strength-and-conditioning-coach-announces-partnership-with-new-york-sport-fitness.aspx
3. https://pmc.ncbi.nlm.nih.gov/articles/PMC6692572/

4. https://journals.lww.com/nsca-scj/fulltext/2019/08000/dynamic_correspondence_of_resistance_training_to.7.aspx?generateEpub=Article|nsca-scj%3A2019%3A08000%3A00007||

5. https://journals.humankinetics.com/view/journals/ijsnem/28/2/article-p139.xml